

KITCHEN – COOKING AND PLANNING SKILLS

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|---|--|--|
| <input type="checkbox"/> Baking | <input type="checkbox"/> Cooking for guests | <input type="checkbox"/> Maintaining the kitchen |
| <input type="checkbox"/> Barbequing and smoking meat | <input type="checkbox"/> Food seasoning | <input type="checkbox"/> Making a budget |
| <input type="checkbox"/> Basic food prep | <input type="checkbox"/> Food storage | <input type="checkbox"/> Making butter |
| <input type="checkbox"/> Bread making | <input type="checkbox"/> Grocery rotation | <input type="checkbox"/> Menu planning |
| <input type="checkbox"/> Canning, freezing, and preserving food | <input type="checkbox"/> Grocery shopping | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Cleaning up afterward | <input type="checkbox"/> Handling raw meats | <input type="checkbox"/> Oven and burner safety |
| <input type="checkbox"/> Cooking meals from scratch | <input type="checkbox"/> Healthy eating (allergy free) | <input type="checkbox"/> Safe knife skills |

SEWING

- | | |
|--|--|
| <input type="checkbox"/> Basic sewing skills | <input type="checkbox"/> How to use a sewing machine |
| <input type="checkbox"/> Button replacement | <input type="checkbox"/> Knitting |
| <input type="checkbox"/> Crocheting | <input type="checkbox"/> Mending clothes |
| <input type="checkbox"/> Cross stitching | <input type="checkbox"/> Seam repair |
| <input type="checkbox"/> Embroidery | <input type="checkbox"/> Sewing simple items: apron, skirt |
| <input type="checkbox"/> Hemming clothes | <input type="checkbox"/> Using a sewing pattern |

FINANCIAL SKILLS

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| <input type="checkbox"/> Allowance | <input type="checkbox"/> Money management |
| <input type="checkbox"/> Banking | <input type="checkbox"/> Retirement planning |
| <input type="checkbox"/> Budgeting | <input type="checkbox"/> Shopping on a budget |
| <input type="checkbox"/> Counting money and counting back change | <input type="checkbox"/> Student loans |
| <input type="checkbox"/> Financial peace | <input type="checkbox"/> Taxes |
| <input type="checkbox"/> How to apply for and shop for insurance | <input type="checkbox"/> The basics of mortgage |
| <input type="checkbox"/> Learning to save, give, then spend | <input type="checkbox"/> The difference between savings, bonds, and certificate options |

CLEANING & HOUSEKEEPING SKILLS

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|--|--|
| <input type="checkbox"/> Cleaning bathroom | <input type="checkbox"/> Mopping |
| <input type="checkbox"/> Cleaning bedroom | <input type="checkbox"/> Regular vs. in-depth cleaning |
| <input type="checkbox"/> Cleaning various kinds of floors, | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Decluttering | <input type="checkbox"/> Sweeping |
| <input type="checkbox"/> Deep cleaning a house | <input type="checkbox"/> Tidying the room |
| <input type="checkbox"/> Furniture cleaning and care | <input type="checkbox"/> Using a dishwasher |
| <input type="checkbox"/> Home organization | <input type="checkbox"/> Vacuuming |
| <input type="checkbox"/> Household management | <input type="checkbox"/> Washing dishes by hand |
| <input type="checkbox"/> Houseplant care | <input type="checkbox"/> Window washing |
| <input type="checkbox"/> How to run a house | |

LAUNDRY SKILLS

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| <input type="checkbox"/> Care for delicate items |
| <input type="checkbox"/> Changing sheets |
| <input type="checkbox"/> Folding laundry |
| <input type="checkbox"/> Folding sheets (including fitted sheets) |
| <input type="checkbox"/> Handwashing clothes |
| <input type="checkbox"/> Ironing clothes |
| <input type="checkbox"/> Putting away clothes |
| <input type="checkbox"/> Separating laundry |
| <input type="checkbox"/> Washing laundry in a machine |

HOME MAINTENANCE & REPAIR SKILLS

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|---|---|---|
| <input type="checkbox"/> Appliance repair | <input type="checkbox"/> Electrical & wiring | <input type="checkbox"/> Plumbing |
| <input type="checkbox"/> Basic construction | <input type="checkbox"/> Emergency preparation for storms | <input type="checkbox"/> Pool maintenance |
| <input type="checkbox"/> Carpentry | <input type="checkbox"/> Fences | <input type="checkbox"/> Refinishing floors |
| <input type="checkbox"/> Changing filters | <input type="checkbox"/> Flooring | <input type="checkbox"/> Roofing |
| <input type="checkbox"/> Changing smoke alarm batteries | <input type="checkbox"/> Painting | <input type="checkbox"/> Use of basic tools |
| <input type="checkbox"/> Drywalling | <input type="checkbox"/> Pest control | |

VEHICLE MAINTENANCE SKILLS

- Auto maintenance
- Basic car repair
- Basic mechanical maintenance
- Change a car tire
- Change the oil
- Cleaning a car

ANIMAL AND PET CARE SKILLS

- Animal care
- Animal husbandary
- Animal training
- Changing litter boxes
- Pet feeding

HOMESTEADING & FARMING SKILLS

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|--|---|
| <input type="checkbox"/> Basic construction | <input type="checkbox"/> Chopping & stacking wood |
| <input type="checkbox"/> Building a home | <input type="checkbox"/> Dehydrating food |
| <input type="checkbox"/> Butchering chickens and ducks | <input type="checkbox"/> Farmwork |
| <input type="checkbox"/> Butchering livestock | <input type="checkbox"/> Fermenting |
| <input type="checkbox"/> Canning, pickling, and preserving | <input type="checkbox"/> Food preservation |
| <input type="checkbox"/> Caring for chickens and other poultry | <input type="checkbox"/> Foraging, hunting, and fishing |
| <input type="checkbox"/> Caring for horses | <input type="checkbox"/> Grinding corn or wheat for bread |
| <input type="checkbox"/> Land management | <input type="checkbox"/> Milking animals |

GARDEN AND YARD SKILLS

- Basic botany
- Composting
- Gardening
- Growing food
- Lawn care
- Mowing/maintaining the yard
- Planning a vegetable garden
- Plant care
- Using lawn tools
- Weeding

SELF-CARE AND PERSONAL SKILLS

- Body awareness
- Daily exercises
- Effective communication
- Emotional regulation
- Interpersonal skills
- Muscle relaxation exercises and deep breathing
- Personal responsibility
- Relationship and communication skills
- Time management
- Work ethic

OTHER PRACTICAL LIFE SKILLS

- Babysitting
- Entrepreneur skills
- Family responsibility
- First aid
- Home safety
- How to use the library, both digital and in person
- Outdoor safety
- Road safety
- Self-reliance
- Stranger awareness

COMMUNICATION, MANNERS, & HOSPITALITY SKILLS

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| <input type="checkbox"/> Asking store employees for help | <input type="checkbox"/> Keeping a calendar |
| <input type="checkbox"/> Considering community workers | <input type="checkbox"/> Making appointments |
| <input type="checkbox"/> Correspondence | <input type="checkbox"/> Making phone calls |
| <input type="checkbox"/> Entertaining & hospitality | <input type="checkbox"/> Ordering food |
| <input type="checkbox"/> Gifting on holidays | <input type="checkbox"/> Phone etiquette |
| <input type="checkbox"/> Handwritten letters= | <input type="checkbox"/> Planning appointments |
| <input type="checkbox"/> Thank you cards | <input type="checkbox"/> Postal mail etiquette |
| <input type="checkbox"/> Writing proper letters | <input type="checkbox"/> Table etiquette |

SPECIAL SKILLS

- Hand stitching
- Herbal tinctures
- Herbalism
- Homeopathy
- Making bone broths and rendering fats
- Making natural lip balms, lotions and soap
- Making new things with a variety of materials
- Plant identification
- Woodworking